

## AIM Peak Endurance™ vs. Other Sport Drinks

Sports Drink (16 oz)	Sugars (g)	Complex Carbs (g)	% Complex Carbs	Calories	ATP (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Magnesium (mg)	Chloride (mg)	B vitamins (% RDI)	Artificial ingredients
AIM Peak Endurance™ <small>No Canadian rights</small>	1	7	88	30	125	210	120	93	23	195	50% of B1, B2, B3, B5, B6, B12	None
Gatorade®	28	0	0	100	0	220	60	0	0	180	0	Flavors, colors
Powerade®	30	8	56	140	0	110	60	0	0	170	20% of B3, B6, B12	Colors

Note the low sugar and absence of artificial colors, flavors, and sweeteners in AIM Peak Endurance™. Most sports drinks contain far more sugar and little or no B vitamins in comparison to AIM Peak Endurance™. AIM Peak Endurance™ contains the following B vitamins at 50 percent of their Recommended Daily Intake per serving:

**B1:** Thiamin has a central role in the metabolism of glucose. It is part of an enzyme that is essential in the Krebs cycle. It is essential for obtaining energy from muscle glycogen.

**B2:** Riboflavin is important for the formation of several enzymes that are involved in energy production from carbohydrates, fats, and body cells. It is also involved in protein metabolism and maintenance of healthy skin.

**B3:** Niacin is part of an enzyme that helps with glycolysis, the means by which muscle glycogen produces energy aerobically and anaerobically.

**B5:** Pantothenic acid is an essential component of coenzyme A, which plays a central role in energy metabolism. It is also involved in gluconeogenesis, the synthesis and breakdown of fatty acids, protein modification, and acetylcholine (a muscle contraction neurotransmitter).

**B6:** Critical in the metabolism of protein, carbohydrates, and fat. It is used in the formation of neurotransmitters, helps form amino acids into hemoglobin, and is involved in the breakdown of muscle glycogen.

**B12:** Helps to form red blood cells and maintain a healthy nervous system.